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I was really looking forward to this book. I am familiar with Lon Kilgore from his book with Mark Rippetoe, Practical Programming for Strength Training, 2nd edition

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Lon Kilgore is the author of Fit (4.04 avg rating, 55 ratings, 3 reviews, published 2011), Anatomy Without a Scalpel (3.90 avg rating, 20 ratings, 1 rev

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